

## New Relationship Advice from Mary Maxwell

~Mary Maxwell, Posted November 11, 2011



Helen from Santa Fe asks, "Dear Mary, I was married for more than 50 years to a wonderful man and have been widowed for nearly 13 years. I never thought I would consider a new relationship, but recently a gentleman at church and I have developed a lovely friendship. I think he is looking for more than a friend, and I am not totally against it. Do you have any advice for a new relationship?"

Well that's a great question. I've been doing the math and at your age, Helen Rule #1 is: long sleeves. Remember: our arms are the enemy. Don't let warm weather convince you that sleeveless shirts and dresses are attractive on a person north of 70. Try to avoid bright lights, and whatever you do, don't sit with the sun facing you. If possible, try to remember to call your new friend by his real name. Don't call him "Eugene," that's your chiropractor's name. And don't call him "Harry," that's your dentist's first name. And finally Helen, go for it! It's something of a miracle to find someone who keeps you from being alone. Except, of course, when you are in the bathroom. That's rule #2.

**Watch the video,**

[www.caregiverstress.com/2011/11/new-relationship-advice-from-mary-maxwell/](http://www.caregiverstress.com/2011/11/new-relationship-advice-from-mary-maxwell/)

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